



Developing Healthy Relationships

EAP Matters, February 2015

February is typically considered the month of **love**. This is a great time to make sure that the relationship you are in is a healthy relationship. To determine this, consider if the following points are true of your relationship:

You **trust** your partner.

Your partner likes your friends and encourages you to spend time with them.

You make important decisions **together**.

Your partner understands when you spend time away from him/her.

You **don't have to lie** to protect your partner's reputation or cover for mistakes.

Your partner helps you meet your goals in life and encourages you.

Your partner likes you for who you are, not what you look like.

You are **not afraid** to say what you think and disagree with your partner.

You have a friendship **and** a physical attraction.

You don't have to be with your partner 24 hours a day.

"We accept the love we think we deserve."

Stephen Chbosky

CHI Health EAP is a free, confidential service provided through your employer. We can be reached at 402-398-5566 or 1-888-847-4975